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**DOCUMENT-
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TITLE: REM SLEEP DETECTION
PILLOW
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INVENTOR- INFORMATION:

NAME	COUNTRY
FUNAKOSHI, NORIHIRO	
HOSHINO, HATSUO	
HOSAKA, HIROSHI	

ASSIGNEE- INFORMATION:

NAME	COUNTRY
NIPPON TELEGR & TELEPH CORP	N/A

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ABSTRACT:

PURPOSE: To simply detect a sleep state of REM sleep or non-REM sleep without detecting a brain wave.

CONSTITUTION: By using a piezoelectric sheet 3, etc., installed in the inside of a pillow 1 as a detecting means, a body motion which is a feature of a REM sleep state is caught as a motion of the head. Whether the sleep state is the REM sleep state or a non-REM sleep state is decided by its detection frequency.

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